



# A NOTE FROM DR. POWELL, MD

## Weigh-In Wednesday's!

Our Redding office will be bringing back Sneal® points to be earned and redeemed on Wednesday's! Come in on Wednesday's to do your your weekly weigh-in and earn Sneal® points when you shop our CarbEssentials products! Being accountable to others can help you stay on track and has been shown to increase success!



## FEATURED PRODUCTS



### Kay's Naturals Protein Cereal

With the combination of delicious flavors in low-calorie, low-carb, high protein recipes that contain plenty of fiber and absolutely zero grams of cholesterol. Leading the way to a better balanced diet, which is the key to a healthy lifestyle. Get the protein your body needs with the 100% gluten-free Protein Cereal.



### ProCal Pudding/Shake Mixes

Busy? On the go? Grab this quick and easy meal replacement shake. Just add water for a rich and creamy pudding or shake. A nutritious, great tasting and satisfying low-carb meal replacement shake available in three delicious flavors - Chocolate, Vanilla, Strawberry. Lactose Free and only 100 calories!

## Monthly Sneal® Savings

10% OFF

Use code **FEBNEWS21** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

*\*Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer. Redeemable at the following locations; Redding (Mon, Wed, Sat) & Chico (Tues, Thurs, Fri) ONLY. Coupon Expires 2/28/21*

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



## LOSE YOUR LINES & PLUMP YOUR POUT!

Take advantage of our Aesthetics Day **Wednesday, February 17th**. You don't want to miss out on these amazing aesthetic deals! JUST \$11 per unit of BOTOX with a minimum of 25 units purchased. Purchase a full syringe of JUVEDERM at just \$550! Space is limited, call and schedule today at our Redding office 530-223-0216!

## VALENTINE'S DAY SNEAL DEAL!

### 15% OFF sitewide!

Valentine's Day is celebrated with all sorts of decadent foods and loads of chocolate. This year instead save on your favorite sneals®! Enjoy **15% OFF** at online at CarbEssentials.net, Sunday, February 14th on your purchase of \$75 or more! Shop online with coupon code **SNEALLOVE21** + enjoy free shipping!



## American Heart Month

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

It's long been known that when you're overweight, you're more apt to develop conditions like high blood pressure or diabetes that can lead to heart disease. Now Johns Hopkins researchers have shown that excess weight is more than an "accomplice" in the development of heart problems. The pounds themselves can cause heart muscle injury. "Basically, being obese seems to be a 'solo player' associated with heart injury—that is, regardless of high blood pressure, elevated cholesterol and diabetes. Down the road, this can lead to heart failure."

The American Heart Association recommends obese patients participate in a medically supervised weight loss program to reduce the risk of heart disease.





# HEART HEALTHY DINNERS YOU CAN MAKE IN 25 MINUTES

Sometimes after a long day at school, work, or chasing after kids, all that sounds good is ordering some easy takeout. But as we all know (and sometimes forget) takeout isn't the healthiest of meals, so it's best to opt for a home-cooked meal. Thankfully there are plenty of heart healthy, delicious and easy-to-make recipes that you can whip up in 25 minutes. Your body (and budget) will thank you!



## GRILLED BLACKENED SHRIMP TACOS

### Ingredients:

- 1 ripe avocado
- 1 tablespoon lime juice
- 1 small clove garlic, grated
- ¼ teaspoon salt
- 1 pound large raw shrimp (16-20 count), peeled and deveined
- 2 tablespoons salt-free Cajun spice blend
- 8 low-carb corn tortillas, warmed
- 2 cups iceberg lettuce, chopped
- ½ cup fresh cilantro leaves
- ½ cup prepared pico de gallo



**Lets Cook:** Preheat grill to medium-high. Mash avocado with a fork in a small bowl. Add lime juice, garlic and salt and stir to combine. Pat shrimp dry. Toss the shrimp with Cajun seasoning in a medium bowl. Thread onto four 10- to 12-inch metal skewers. Grill, turning once, until the shrimp are just cooked through, about 4 minutes total. Serve the shrimp in tortillas, topped with the guacamole, lettuce, cilantro and pico de gallo.

Serves 4 | Per Serving: Cal: 236 | Protein: 23g | Carbs: 19g | Fat: 8g | Fiber: 5.5g

## FISH AMANDINE

### Ingredients:

- 4 (4 ounce) fresh or frozen skinless tilapia, trout or halibut fillets, 1/2- to 1-inch thick
- ¼ cup buttermilk
- ½ cup fine dry bread crumbs
- 2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes
- ½ teaspoon dry mustard
- ¼ cup sliced almonds, coarsely chopped
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon butter, melted
- Crushed red pepper, Salt & Pepper to taste

**Lets Cook :** Thaw fish, if frozen. Preheat oven to 450 degrees F. Grease a shallow baking pan. Rinse fish; pat dry. Pour buttermilk into a shallow dish. In another shallow dish, combine bread crumbs, parsley, dry mustard and salt. Dip fish into buttermilk, then into crumb mixture, turning to coat. Place coated fish in the prepared baking pan. Sprinkle fish with almonds and Parmesan cheese; drizzle with melted butter. Sprinkle with crushed red pepper. Bake 4 to 6 minutes or until fish flakes easily when tested with a fork.

Serves 4 | Per Serving: Cal: 209 | Protein: 26g | Carbs: 6.5g | Fat: 8.5g | Fiber: 1g

## PORK CHOPS W/ BALSAMIC GRAPE SAUCE

### Ingredients:

- 4 (5 to 6 ounce) bone-in pork loin chops, cut 3/4 inch thick
- ¼ cup thinly sliced onion
- 1 clove garlic, minced
- ¾ cup apple juice or apple cider
- ½ cup reduced-sodium chicken broth
- 1 tablespoon cornstarch
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- 1 cup seedless red grapes, halved



**Lets Cook:** Generously coat an extra-large nonstick skillet with cooking spray. Heat the skillet over medium heat. Add chops to the hot skillet; cook for about 5 minutes or until browned on both sides, turning to brown evenly. Remove the chops from the skillet. Add onion and garlic to the hot skillet; cook and stir for 2 minutes. Add apple juice (or cider) and broth to the skillet. Bring to boiling; reduce heat. Return the chops to the skillet. Simmer, covered, for about 4 minutes or until a thermometer inserted in centers of chops registers 145 degrees F. Transfer the chops to a serving platter; cover with foil and keep warm. Whisk together cornstarch, balsamic vinegar, and honey in a small bowl. Whisk the vinegar mixture into the juice mixture in the skillet; cook and whisk for 1 to 2 minutes or until thick and bubbly. Stir in grapes; heat through. To serve, spoon the grape mixture over the chops.

Serves 4 | Per Serving: Cal: 188 | Protein: 19g | Carbs: 18g | Fat: 4g | Fiber: 1g

# A WOMANS GUIDE TO BEATING HEART DISEASE



**1 in 3** deaths each year among women is due to heart disease.

Maintain A healthy Weight



By losing weight, you'll **LOWER YOUR CHOLESTEROL and BLOOD PRESSURE**



STRIVE FOR AT LEAST **30 MINUTES** of moderate-to-vigorous **PHYSICAL ACTIVITY 5 DAYS A WEEK**



Moderate weight-loss of even as much as **10%** can **improve** or **prevent** obesity-related risk factors for Cardiovascular Disease.

**9 in 10** women have one or more risk factors for developing heart disease.



### Key heart disease risk factors for women.

- High blood pressure
- Excessive alcohol use
- High LDL cholesterol
- Physical inactivity
- Obesity**
- Poor diet
- Diabetes
- Smoking

## IMPROVE YOUR DIET

**Fiber Up.**  
**Change your fats.** Avoid butter and other saturated fats.



**Limit alcohol intake** to 1 to 2 drinks a day. That's equivalent to 12 oz of beer, 4 to 5 oz of wine, or 1 1/2 oz of 80-proof spirits.



## GET MORE RECIPES HERE!

Visit our blog at [CarbEssentials.net](http://CarbEssentials.net) or our recipes page at [Physiciansplan.net](http://Physiciansplan.net) for more recipes!

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